

CLAIMS

What is claimed is:

1. A method for preventing or significantly reducing a risk of cardiovascular disease in a healthy subject comprising administering an effective dose of an ACE inhibitor to the healthy subject, whereby the risk of cardiovascular disease in the healthy subject is prevented or significantly reduced.
2. The method of claim 1, wherein the ACE inhibitor comprises ramipril.
3. The method of claim 1, wherein the healthy subject comprises a subject free of hypertension, congestive heart failure, left ventricular dysfunction, prior myocardial infarct, and induced activation of the renin-angiotensin system.
4. The method of claim 1, wherein the healthy subject comprises a post-menopausal female human subject.
5. The method of claim 1, wherein the healthy subject comprises a subject comprising a PAI-1 polymorphism, wherein the PAI-1 polymorphism results in an elevated level of PAI-1 when compared to a control level of PAI-1.
6. The method of claim 5, wherein the PAI-1 polymorphism comprises a 4G PAI-1 polymorphism.
7. The method of claim 1, wherein reducing the risk of cardiovascular disease in the healthy subject comprises significantly reducing a plasma level of PAI-1 in the healthy subject.

8. The method of claim 1, wherein the significantly reducing a plasma level of PAI-1 comprises reducing a plasma level of PAI-1 by at least about 35% compared to a baseline plasma level of PAI-1.

9. The method of claim 8, wherein the healthy subject comprises
5 a subject comprising a PAI-1 polymorphism, wherein the PAI-1 polymorphism is correlated with elevated levels of PAI-1 activity, and wherein the significantly reducing a plasma level of PAI-1 comprises reducing a plasma level of PAI-1 by at least about 35% compared to a baseline plasma level of PAI-1.

10. A method for reducing a plasma level of PAI-1 in a healthy subject comprising administering an effective dose of an ACE inhibitor to the subject, whereby the plasma level of PAI-1 in the subject is reduced.

11. The method of claim 10, wherein the ACE inhibitor comprises ramipril.

12. The method of claim 10, wherein the healthy subject comprises
15 a subject free of hypertension, congestive heart failure, left ventricular dysfunction, and prior myocardial infarct, and induced activation of the renin-angiotensin system.

13. The method of claim 10, wherein the healthy subject comprises
20 a post-menopausal female human subject.

14. The method of claim 10, wherein the healthy subject comprises a subject comprising a PAI-1 polymorphism, wherein the PAI-1 polymorphism is correlated with an elevated level of PAI-1 when compared to a control level of PAI-1.

15. The method of claim 14, wherein the PAI-1 polymorphism comprises a 4G PAI-1 polymorphism.

16. The method of claim 10, wherein the significantly reducing a plasma level of PAI-1 comprises reducing a plasma level of PAI-1 by at least
5 about 35% compared to a baseline plasma level of PAI-1.

17. The method of claim 16, wherein the healthy subject comprises a subject comprising a PAI-1 polymorphism, wherein the PAI-1 polymorphism is correlated with elevated levels of PAI-1 activity, and wherein the significantly reducing a plasma level of PAI-1 comprises
10 reducing a plasma level of PAI-1 by at least about 35% compared to a baseline plasma level of PAI-1.

18. A method for preventing or significantly reducing a risk of cardiovascular disease in a healthy subject comprising co-administering an effective dose of an ACE inhibitor and an effective dose of hormone, or a
15 conjugate thereof, to the healthy subject, whereby the risk of cardiovascular disease in the healthy subject is prevented or significantly reduced.

19. The method of claim 18, wherein the ACE inhibitor comprises ramipril.

20. The method of claim 19, wherein the hormone comprises PREMARIN® estrogen.

21. The method of claim 18, wherein the healthy subject comprises a subject free of hypertension, congestive heart failure, left ventricular dysfunction, prior myocardial infarct, and induced activation of the renin-angiotensin system.

22. The method of claim 18, wherein the healthy subject comprises a post-menopausal female human subject.

23. The method of claim 18, wherein the healthy subject comprises a subject comprising a PAI-1 polymorphism, wherein the PAI-1
5 polymorphism is correlated with an elevated level of PAI-1 when compared to a control level of PAI-1.

24. The method of claim 23, wherein the PAI-1 polymorphism comprises a 4G PAI-1 polymorphism.

25. The method of claim 18, wherein reducing the risk of
10 cardiovascular disease in the healthy subject comprises significantly reducing a plasma level of PAI-1 in the healthy subject.

26. The method of claim 25, wherein the significantly reducing a plasma level of PAI-1 in the healthy subject comprises reducing the plasma level of PAI-1, wherein the reducing is to a greater extent when compared to
15 a reducing a plasma of PAI-1 following administration of an ACE inhibitor or hormone to the subject.

27. The method of claim 25, wherein the significantly reducing a plasma level of PAI-1 comprises reducing a plasma level of PAI-1 by at least about 50% when compared to a baseline plasma level of PAI-1.

20 28. A method for reducing a plasma level of PAI-1 in a healthy subject comprising co-administering an effective dose of an ACE inhibitor and an effective dose of hormone to the subject, whereby the plasma level of PAI-1 in the subject is reduced.

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29. The method of claim 28, wherein the ACE inhibitor comprises ramipril.

30. The method of claim 28, wherein the hormone comprises PREMARIN® estrogen.

5 31. The method of claim 28, wherein the healthy subject comprises a subject free of hypertension, congestive heart failure, left ventricular dysfunction, prior myocardial infarct, and induced activation of the renin-angiotensin system.

32. The method of claim 28, wherein the healthy subject comprises
10 a post-menopausal female human subject.

33. The method of claim 28, wherein the healthy subject comprises a subject comprising a PAI-1 polymorphism, wherein the PAI-1 polymorphism is correlated with an elevated level of PAI-1 when compared to a control level of PAI-1.

15 34. The method of claim 28, wherein the PAI-1 polymorphism comprises a 4G PAI-1 polymorphism.

35. The method of claim 28, wherein the significantly reducing a plasma level of PAI-1 in the healthy subject comprises reducing the plasma level of PAI-1, wherein the reducing is to a greater extent when compared to
20 a reducing a plasma of PAI-1 following administration of an ACE inhibitor or estrogen to the subject.

36. The method of claim 28, wherein the significantly reducing a plasma level of PAI-1 comprises reducing a plasma level of PAI-1 by at least about 50% when compared to a baseline plasma level of PAI-1.